



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01132, Egg, whole, cooked, scrambled

Report Date: July 09, 2017 11:57 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor: 4.36 Nitrogen to Protein Conversion Factor: 6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 large 61g | 1 tbsp 13.7g | 1 cup 220g |
|-----------------------------|------|------------------------|----------------|------------|----------------|-----------------|---------------|
| Proximates | | | | | | | |
| Water | g | 76.40 | -- | -- | 46.60 | 10.47 | 168.08 |
| Energy | kcal | 149 | -- | -- | 91 | 20 | 328 |
| Energy | kJ | 621 | -- | -- | 379 | 85 | 1366 |
| Protein | g | 9.99 | -- | -- | 6.09 | 1.37 | 21.98 |
| Total lipid (fat) | g | 10.98 | -- | -- | 6.70 | 1.50 | 24.16 |
| Ash | g | 1.01 | -- | -- | 0.62 | 0.14 | 2.22 |
| Carbohydrate, by difference | g | 1.61 | -- | -- | 0.98 | 0.22 | 3.54 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 1.39 | -- | -- | 0.85 | 0.19 | 3.06 |
| Sucrose | g | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose) | g | 0.28 | -- | -- | 0.17 | 0.04 | 0.62 |
| Fructose | g | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Lactose | g | 1.11 | -- | -- | 0.68 | 0.15 | 2.44 |
| Maltose | g | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Galactose | g | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Minerals | | | | | | | |
| Calcium, Ca | mg | 66 | -- | -- | 40 | 9 | 145 |
| Iron, Fe | mg | 1.31 | -- | -- | 0.80 | 0.18 | 2.88 |
| Magnesium, Mg | mg | 11 | -- | -- | 7 | 2 | 24 |
| Phosphorus, P | mg | 165 | -- | -- | 101 | 23 | 363 |
| Potassium, K | mg | 132 | -- | -- | 81 | 18 | 290 |
| Sodium, Na | mg | 145 | -- | -- | 88 | 20 | 319 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 large 61g | 1 tbsp 13.7g | 1 cup 220g |
|--------------------------------|------|------------------|-------------|------------|-------------|--------------|------------|
| Zinc, Zn | mg | 1.04 | -- | -- | 0.63 | 0.14 | 2.29 |
| Copper, Cu | mg | 0.059 | -- | -- | 0.036 | 0.008 | 0.130 |
| Manganese, Mn | mg | 0.022 | -- | -- | 0.013 | 0.003 | 0.048 |
| Selenium, Se | µg | 23.5 | -- | -- | 14.3 | 3.2 | 51.7 |
| Fluoride, F | µg | 0.8 | -- | -- | 0.5 | 0.1 | 1.8 |
| Vitamins | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.040 | -- | -- | 0.024 | 0.005 | 0.088 |
| Riboflavin | mg | 0.376 | -- | -- | 0.229 | 0.052 | 0.827 |
| Niacin | mg | 0.076 | -- | -- | 0.046 | 0.010 | 0.167 |
| Pantothenic acid | mg | 1.217 | -- | -- | 0.742 | 0.167 | 2.677 |
| Vitamin B-6 | mg | 0.134 | -- | -- | 0.082 | 0.018 | 0.295 |
| Folate, total | µg | 36 | -- | -- | 22 | 5 | 79 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | 0 |
| Folate, food | µg | 36 | -- | -- | 22 | 5 | 79 |
| Folate, DFE | µg | 36 | -- | -- | 22 | 5 | 79 |
| Choline, total | mg | 221.0 | -- | -- | 134.8 | 30.3 | 486.2 |
| Betaine | mg | 0.3 | -- | -- | 0.2 | 0.0 | 0.7 |
| Vitamin B-12 | µg | 0.76 | -- | -- | 0.46 | 0.10 | 1.67 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 161 | -- | -- | 98 | 22 | 354 |
| Retinol | µg | 159 | -- | -- | 97 | 22 | 350 |
| Carotene, beta | µg | 26 | -- | -- | 16 | 4 | 57 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 | 0 |
| Cryptoxanthin, beta | µg | 7 | -- | -- | 4 | 1 | 15 |
| Vitamin A, IU | IU | 578 | -- | -- | 353 | 79 | 1272 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 | 0 |
| Lutein + zeaxanthin | µg | 372 | -- | -- | 227 | 51 | 818 |
| Vitamin E (alpha-tocopherol) | mg | 1.15 | -- | -- | 0.70 | 0.16 | 2.53 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta | mg | 0.03 | -- | -- | 0.02 | 0.00 | 0.07 |
| Tocopherol, gamma | mg | 2.12 | -- | -- | 1.29 | 0.29 | 4.66 |
| Tocopherol, delta | mg | 0.65 | -- | -- | 0.40 | 0.09 | 1.43 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 large 61g | 1 tbsp 13.7g | 1 cup 220g |
|------------------------------------|------|------------------|-------------|------------|-------------|--------------|------------|
| Vitamin D (D2 + D3) | µg | 1.8 | -- | -- | 1.1 | 0.2 | 4.0 |
| Vitamin D3 (cholecalciferol) | µg | 1.8 | -- | -- | 1.1 | 0.2 | 4.0 |
| Vitamin D | IU | 72 | -- | -- | 44 | 10 | 158 |
| Vitamin K (phylloquinone) | µg | 4.0 | -- | -- | 2.4 | 0.5 | 8.8 |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 3.331 | -- | -- | 2.032 | 0.456 | 7.328 |
| 4:0 | g | 0.019 | -- | -- | 0.012 | 0.003 | 0.042 |
| 6:0 | g | 0.016 | -- | -- | 0.010 | 0.002 | 0.035 |
| 8:0 | g | 0.019 | -- | -- | 0.012 | 0.003 | 0.042 |
| 10:0 | g | 0.021 | -- | -- | 0.013 | 0.003 | 0.046 |
| 12:0 | g | 0.017 | -- | -- | 0.010 | 0.002 | 0.037 |
| 13:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 0.092 | -- | -- | 0.056 | 0.013 | 0.202 |
| 15:0 | g | 0.007 | -- | -- | 0.004 | 0.001 | 0.015 |
| 16:0 | g | 2.170 | -- | -- | 1.324 | 0.297 | 4.774 |
| 17:0 | g | 0.019 | -- | -- | 0.012 | 0.003 | 0.042 |
| 18:0 | g | 0.927 | -- | -- | 0.565 | 0.127 | 2.039 |
| 20:0 | g | 0.013 | -- | -- | 0.008 | 0.002 | 0.029 |
| 22:0 | g | 0.008 | -- | -- | 0.005 | 0.001 | 0.018 |
| 24:0 | g | 0.003 | -- | -- | 0.002 | 0.000 | 0.007 |
| Fatty acids, total monounsaturated | g | 4.441 | -- | -- | 2.709 | 0.608 | 9.770 |
| 14:1 | g | 0.005 | -- | -- | 0.003 | 0.001 | 0.011 |
| 15:1 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated | g | 0.150 | -- | -- | 0.091 | 0.021 | 0.330 |
| 17:1 | g | 0.010 | -- | -- | 0.006 | 0.001 | 0.022 |
| 18:1 undifferentiated | g | 4.250 | -- | -- | 2.592 | 0.582 | 9.350 |
| 20:1 | g | 0.025 | -- | -- | 0.015 | 0.003 | 0.055 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 24:1 c | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 2.429 | -- | -- | 1.482 | 0.333 | 5.344 |
| 18:2 undifferentiated | g | 2.067 | -- | -- | 1.261 | 0.283 | 4.547 |
| 18:3 undifferentiated | g | 0.134 | -- | -- | 0.082 | 0.018 | 0.295 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |

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|--------------------------|------|------------------|-------------|------------|-------------|--------------|------------|
| 20:2 n-6 c,c | g | 0.013 | -- | -- | 0.008 | 0.002 | 0.029 |
| 20:3 undifferentiated | g | 0.017 | -- | -- | 0.010 | 0.002 | 0.037 |
| 20:4 undifferentiated | g | 0.139 | -- | -- | 0.085 | 0.019 | 0.306 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 22:4 | g | 0.010 | -- | -- | 0.006 | 0.001 | 0.022 |
| 22:5 n-3 (DPA) | g | 0.005 | -- | -- | 0.003 | 0.001 | 0.011 |
| 22:6 n-3 (DHA) | g | 0.043 | -- | -- | 0.026 | 0.006 | 0.095 |
| Fatty acids, total trans | g | 0.624 | -- | -- | 0.381 | 0.085 | 1.373 |
| Cholesterol | mg | 277 | -- | -- | 169 | 38 | 609 |
| Phytosterols | mg | 10 | -- | -- | 6 | 1 | 22 |
| Amino Acids | | | | | | | |
| Tryptophan | g | 0.139 | -- | -- | 0.085 | 0.019 | 0.306 |
| Threonine | g | 0.442 | -- | -- | 0.270 | 0.061 | 0.972 |
| Isoleucine | g | 0.532 | -- | -- | 0.325 | 0.073 | 1.170 |
| Leucine | g | 0.861 | -- | -- | 0.525 | 0.118 | 1.894 |
| Lysine | g | 0.705 | -- | -- | 0.430 | 0.097 | 1.551 |
| Methionine | g | 0.297 | -- | -- | 0.181 | 0.041 | 0.653 |
| Cystine | g | 0.205 | -- | -- | 0.125 | 0.028 | 0.451 |
| Phenylalanine | g | 0.535 | -- | -- | 0.326 | 0.073 | 1.177 |
| Tyrosine | g | 0.402 | -- | -- | 0.245 | 0.055 | 0.884 |
| Valine | g | 0.676 | -- | -- | 0.412 | 0.093 | 1.487 |
| Arginine | g | 0.623 | -- | -- | 0.380 | 0.085 | 1.371 |
| Histidine | g | 0.245 | -- | -- | 0.149 | 0.034 | 0.539 |
| Alanine | g | 0.566 | -- | -- | 0.345 | 0.078 | 1.245 |
| Aspartic acid | g | 1.034 | -- | -- | 0.631 | 0.142 | 2.275 |
| Glutamic acid | g | 1.378 | -- | -- | 0.841 | 0.189 | 3.032 |
| Glycine | g | 0.335 | -- | -- | 0.204 | 0.046 | 0.737 |
| Proline | g | 0.453 | -- | -- | 0.276 | 0.062 | 0.997 |
| Serine | g | 0.742 | -- | -- | 0.453 | 0.102 | 1.632 |
| Other | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | 0 |